

IHHN

IDAHO

HEALTHY HOMES NETWORK

NEWSLETTER

November 2010

This newsletter is intended to provide a recap of some of the healthy homes and lead-based paint information that we have shared in the IHHN meetings or that has come to us through various Listservs. We want to especially acknowledge the National Center for Healthy Homes and the many content providers on LeadNet and HealthyHomesNet.

GOT A SHORT ARTICLE ON HEALTHY HOMES OR LEAD-BASED PAINT YOU'D LIKE TO WRITE AND PUBLISH? DO IT HERE! [PLEASE LIMIT IT TO ABOUT 500 WORDS (A PAGE).]



LEAD-FREE KIDS FOR A HEALTHY FUTURE

National Lead Poisoning Prevention Week October 24 - 30th

National Lead Poisoning Prevention Week's theme, "Lead-Free Kids for a Healthy Future," underscores the importance of testing your children and home, and learning how to prevent lead poisoning's serious health effects.

Last year, 17 Idaho children tested positive for high levels of lead in their blood. "Lead poisoning can affect nearly every system in the body and is especially harmful to children", says Kara Stevens, Environmental Health and Injury Prevention Program Manager. "We know children's growing bodies absorb more lead, and their brains and nervous systems are more sensitive to the damaging effects of lead."

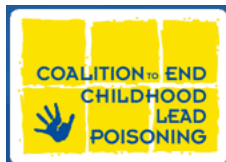
If not detected early, health effects in children can include hyperactivity, aggressive behavior, learning disabilities, lowered IQ, speech delay, and hearing impairment. The good news is that lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead and treating children who have been poisoned by lead. [Full Story](#)



JOHN'S BLOG FROM NIGERIA

Boise's own John Price of PBS Environmental and Idaho Healthy Homes Network's co-chair left for Nigeria on October 19th to help deal with the lead poisoning that has caused hundreds to die. Follow his blog at: <http://infobot.com/blogspot/pbsboise/>





DIALOG ON GREEN AND HEALTHY HOUSING – 24/7, NOV 4–22

Log on to this national dialog that will identify ways to overcome the barriers that prevent children, families, and communities from having healthy, safe, and energy efficient housing. Sponsored by the Green and Healthy Homes Initiative (GHHI), the National Coalition to End Childhood Lead Poisoning, and the National Academy of Public.

www.greenandhealthyhomedialogue.org

SUSTAINABLE COMMUNITIES START WITH HEALTHY AND GREEN HOMES – NOV 9-10, SEATTLE

The conference has four tracks: 1) Indoor Air Quality and Health; 2) Homes, Indoor airPLUS and Energy Star; 3) Green Buildings, and; 4) Sustainable Communities Presented by Region 10 EPA partnering with PNWIS. For more information, please call: 206-553-1189, or email Susan Titus titus.susan@epa.gov.

Additional information and agenda available at:

<http://yosemite.epa.gov/R10/airpage.nsf/Air+Toxics/healthygreenhomes>

FREE IDAHO SMALL BUSINESS FORUM – NOV 9, BOISE

The next FREE Idaho Small Business Forum is on Tuesday, November 9, 2010 from 1:30 to 3:30 p.m. at the BLM Building at 1387 S. Vinnell Way in Boise. In addition to other presenters, Russ Clausen, Environmental Compliance Specialist with EPA's Lead program will provide information about the Renovation, Repair and Painting Rule that went into effect in April 2010. This rule can impact any business working to remodel residences or child-occupied facilities built prior to 1978. Learn about the steps contractors must take both to be in compliance and to protect the health of residents and neighbors.



CONFERENCE: EARLY YEARS 2010 – NOV 18-19, BOISE

<http://www.healthandwelfare.idaho.gov/LinkClick.aspx?fileticket=y00IR4N0oXU%3D&tabid=80>

CDC AND HEALTHY HOUSING SOLUTIONS CONFERENCE INVITATION – DEC 13-17, CHICAGO

CDC National Healthy Homes/Lead Poisoning Prevention Training Center

Holiday Inn Chicago Mart Plaza, Chicago, Illinois

Workshops and Plenary Sessions:

Program Management

Primary Prevention

Case Management

REGISTRATION IS FREE! SPACE IS LIMITED!

Reduced room rate is \$119/night (limited time)!

Register by emailing Dominique Clark at dclark@healthyhousingsolutions.com

or calling 443-539-4183



3RD ANNUAL NW ENVIRONMENTAL HEALTH CONFERENCE—FEB 11, PORTLAND

Portland State University, Smith Memorial Student Union

Topics will include: Environmental Justice, Community Health, Healthy Aging, Green Chemistry, Built Environment, Chemical Policy, and Food Systems.

All are invited to attend, particularly Allopathic and Naturopathic Health Practitioners, Public Health Professionals, Advocates, Researchers, Urban and Regional Planners and Students.

Registration opening soon! For more information, please visit http://www.oeconline.org/3rd_nwehc or email nwehc@oeconline.org.

2011 NATIONAL HEALTHY HOMES CONFERENCE – JUNE 20-23 IN DENVER

It's never too early to start planning!!

<http://www.healthyhomesconference.org/>



NEW ECO-HEALTHY CHILD CARE

The Children's Environmental Health Network (CEHN) today launches its national Eco-Healthy Child Care program (EHCC), which encourages healthier child-care settings by training child-care providers to protect children and staff from harmful chemical exposures with free or low-cost alternatives that are easy to implement.

<http://www.cehn.org/ehcc>

COMMENT ON DRAFT CONSTRUCTION STANDARDS FOR RADON

A draft construction standard - RRNC 2.0 "Reducing Radon in New Construction of 1 & 2 Family Dwellings and Townhouses – Draft 9-30-2010" has been released by the American Association of Radon Scientists and Technologists (AARST), for public comment and review.

http://www.aarst.org/consortium_radon_standard.shtml



2010 TRI-REGIONAL EPA LEAD-BASED PAINT CONFERENCE--PRESENTATIONS

There were many good presentations given at the Tri-Regional LBP Conference in September, including two on lead poisonings. EPA suggests that you first click on the presentation and then save it before opening.

<http://www.epa.gov/region8/toxics/leadpnt/workshop.html>

TWO TEST KITS NOW APPROVED BY EPA FOR PAINT TESTING UNDER RRP

D-Lead® test kits can reliably determine the regulated lead-based paint is not present on wood, ferrous metals, drywall and plaster surfaces. To locate a distributor or retailer visit www.esca-tech.com, email rrp@esca-tech.com or call 414-962-3006.

LeadCheck® test kits can reliably determine that regulated lead-based paint is not present on wood or ferrous metal, but is not recognized for use on plaster and drywall. To order a Hybrivet System test kit call 508-651-7881, or email Hybrivet at info@leadcheck.com

RRP VIOLATIONS IN PROGRESS—VIDEO; OCTOBER 11, 2010

<http://infobot.com/youtube/watch?v=GL6ebgxr-pk>

INCREASING YOUR LEAD VOCABULARY: THE ZPP TEST

A zinc protoporphyrin test may be ordered for adults along with a blood-lead level to test for chronic lead exposure. <http://www.labtestsonline.org/understanding/analytes/zpp/test.html>

OPERATING INDOOR FIRING RANGES

<http://www.itrcweb.org/guidancedocument.asp?TID=35>

MOLD—HUD PAMPHLET

<http://www.hud.gov/offices/lead/library/hhi/Mold.pdf>

SAFE PEST CONTROL—HUD PAMPHLET

<http://www.hud.gov/offices/lead/library/hhi/IPM.pdf>

HEALTHY HOMES CHECKLIST—SURGEON GENERAL

<http://www.surgeongeneral.gov/topics/healthyhomes/checklist.pdf>

CHEMICAL HAZARDS LURK IN WALLS AND FLOORS

Testing of 3,300 samples of new wallpaper and flooring found high amounts of lead, cadmium, mercury, arsenic and phthalates.

<http://www.freep.com/article/20101020/FEATURES01/10200406/1373/Features/Consumer-group-Chemical-hazards-lurk-in-walls-floors>



FUMES FROM WATER-BASED PAINTS A HAZARD FOR CHILDREN

Children who sleep in bedrooms with fumes from water-based paints and solvents are two to four times more likely to suffer allergies or asthma, according to a new scientific study. Swedish and U.S. scientists measured the compounds – propylene glycol and glycol ethers – in the bedroom air of 400 toddlers and preschoolers, and discovered that the exposed children had substantially higher rates of asthma, stuffy noses and eczema.

<http://www.environmentalhealthnews.org/ehs/news/glycol-ethers-and-allergies>

TRYING TO UNDERSTAND OUR CHEMICAL EXPOSURE

Our modern-day environment is loaded with man-made chemicals. What's the health fallout of this? <http://www.latimes.com/health/la-he-biomonitoring-20101011,0,6430509.story>



MAKEUP MAKEOVER FOR TEENS AND TWEENS

Research suggests tweens and teens are particularly vulnerable to exposures from hormone disrupting chemicals. As their bodies undergo accelerated growth to adulthood, their endocrine systems are sensitive to even low levels of the hormonally active chemicals found in body care and other everyday products. Federal regulations

do not require companies to test either products or ingredients for safety. Nearly all personal care products have ingredients that are not tested for safety.

Urge your tween or teen to:

- Use fewer products.
- Use simpler products with a short list of ingredients you can research and trust.
- Research products at Skin Deep Personal Products database, www.cosmeticsdatabase.com.
- Avoid products with fragrance, musk, parabens, triclosan and sodium lauryl /laureth sulfate in the ingredients list.
- Don't trust terms like hypoallergenic, dermatologist-tested, natural or organic (when it comes to body care products).
- Check out www.teensturninggreen.org.
- Talk with your child about what beauty really is.

Source: Environmental Working Group research study "Teen Girls' Body Burden of Hormone-Altering Cosmetics Chemicals," <http://www.ewg.org/book/export/html/26953> September, 2008.

HAIR PRODUCTS: BUYER BEWARE

<http://www.theglobeandmail.com/life/health/with-hair-products-its-buyer-beware/article1762467/>



PAINTING CONTRACTOR FACES \$225K IN FED OSHA FINES

A painting and stucco contractor faces a total of \$225,200 in proposed Fed-OSHA fines for failing to properly erect scaffolds and provide fall protection.

<http://safety.blr.com/workplace-safety-news/safety-administration/OSHA-and-state-safety-compliance-enforcement/OSHA-Cites-and-Fines-Contractor-for-Scaffold-Fall-/>

NOTES FROM THE IDAHO HEALTHY HOMES NETWORK MEETING ON OCTOBER 14, 2010

There were fifteen attendees present or on the phone viewing the presentations via Live Meeting.

Brad Harr of Summit Environmental completed his two-part presentation from the last meeting, adding case studies on mold and mold cleanup. This gave us all a better idea of causes, cures, and the professionals and their methods that can help address mold problems. The scary pictures and scenarios were definitely appropriate for Halloween!

Jennifer Tripp of Southwest District Health provided an update on a lead-poisoned child in Canyon County. In September 2009 the child's blood tested at 30 micrograms per deciliter (with a follow-up test at 26), well above the 10 microgram per deciliter action level. [Most damage can occur at levels below 2 micrograms/deciliter.] The father had been melting lead to make fishing sinkers. A year later, the child's level has only dropped to 15 micrograms per deciliter which means the exposure continues though the father asserts that he no longer is making sinkers. The District has no resources to do a full environmental investigation and staff has reached the limits of their knowledge on lead poisoning sources. They are requesting ideas or help from others. Please contact Jennifer at Jennifer.tripp@phd3.idaho.gov, or 208-455-5362

Laurie Fay of EPA advised that the October 1st deadline has now passed and all contractors must have their EPA Firm Certifications and must have signed up for training and complete that training by Dec 31 of this year in order to work on pre-1978 housing and child-occupied facilities when lead-based paint is present and threshold level of it are disturbed. She also advised that EPA has approved a second test kit for RRP work--D-Lead® (see below). She will be contacting building officials in Idaho cities to provide them the new "Renovate Right" pamphlet for contractors.



Laurie encouraged everyone to use EPA's tips and complaint process when they observe remodeling and painting work that is not being performed according to the Renovation, Repair and Painting rules. She emphasized that photos and specific information about the location where the violation occurred is very important. You can find a Tips and Complaint form at

<http://www.epa.gov/region1/enforcement/leadpaint/RenovationRepairPaintComplaintForm.html>

Dori Boyle of Medicaid provided the latest information on blood-lead testing of Idaho's children. About 11.6% of kids are being tested. Just a few years ago, only 2-3% of kids were tested, so this is a significant improvement. Dori noted that testing information from federal agencies and federally-qualified health centers is not reported to Medicaid. 1.2% of the kids tested had elevated blood-lead levels. Medicaid should have updated information in December.

Kara Stevens of Idaho's Department of Health and Welfare reported on efforts to improve the public's awareness of lead poisoning during the National Lead Poisoning Prevention Week starting October 24th.

Gary Hanes briefly reported on EPA's Tri-Regional Lead-Based Paint Conference in Denver and encouraged everyone to take a look at the presentations.

Jerry Royster of HUD highlighted upcoming conferences and reviewed the HUD grants that are available with emphasis on those that are available to address lead-based paint.

John Price of PBS Environmental gave an update on his upcoming trip to Nigeria (see above).

The next meeting will be December 9 at 10:00 am in the HUD office; a call-in option will be provided. The Guest Speaker will be John Price presenting on his trip to Nigeria to help in a massive lead cleanup.

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If not detected early, health effects in children can include hyperactivity, aggressive behavior, learning disabilities, lowered IQ, speech delay, and hearing impairment. The good news is that lead poisoning is entirely preventable. The key is stopping children from coming into contact with lead and treating children who have been poisoned by lead.

The most common way lead gets in the body is from dust. Lead dust comes from deteriorating lead-based paint and lead-contaminated soil that gets tracked into your home. Lead-based paint was used in more than 38 million homes until it was banned for residential use in 1978. More than half (62%) of Idaho homes were built before 1978 and could have lead-based paint. The older the home, the more likely it is to have lead. If you live in an older home with peeling or chipping paint, have recently remodeled an older home, live near or recreate near a lead smelter or mine site, or suspect exposure to other sources of lead (i.e., toys, pottery, lead sinkers), talk to your doctor about a simple blood lead test for your child. Idaho's Medicaid program and most health insurance plans cover lead testing.

Families who reside in homes built before 1978 should also consider the following:

- Have a lead inspection and/or risk assessment conducted by an EPA-certified firm to determine if there is lead paint present and what actions you need to take to protect your child;
- Hire remodelers and/or painters who work for EPA-certified firms;
- Damp mop floors, damp-wipe surfaces, and frequently wash a child's hands, pacifiers and toys to minimize exposure to lead;
- Keep children from chewing on window sills or other painted surfaces;
- Clean up paint chips immediately both inside and outside the house; and
- Ensure your children have a diet high in iron and calcium, to help reduce the amount of lead their body takes in.

For more information on lead, please call the National Lead Information Center at 1-800- 424-LEAD or visit www.epa.gov/lead. For a list of lead inspectors, risk assessors, or certified renovators, contact the Idaho Indoor Environment Program at 1-800-445-8647.

OTHER LINKS:

Idaho Healthy Homes Network - <http://www.hud.gov/local/id/library/healthyhomes/IHHN.cfm>

Subscribe the Healthy Homes Network Listserv-

<http://www.hud.gov/subscribe/signup.cfm?listname=Idaho%20Healthy%20Homes%20Network&list=IDAHO-HH-NETWORK-L>

HUD's Office of Health Homes and Lead Hazard Control - <http://www.hud.gov/offices/lead/>

EPA – www.epa.gov/lead

RRP Outreach materials – www.epa.gov/getleadsafe

EPA TIPS AND COMPLAINTS FORM --

<http://www.epa.gov/region1/enforcement/leadpaint/RenovationRepairPaintComplaintForm.html>

EPA Lead-Safe Certification Program Outreach to Consumers --

<http://www.epa.gov/opptintr/lead/pubs/lscp-consumers.htm>

OSHA – www.osha.gov

National Center for Healthy Housing - <http://www.nchh.org/Home.aspx>

Alliance for Healthy Homes - www.afhh.org

U.S. Consumer Product Safety Commission; Product Recalls -

<http://cpsc.gov/cpscpub/prereel/prereel.html>

LeadNet – international listserv on lead and lead poisoning; to subscribe - Leadnet-on@mail-list.com

To search LeadNet Archives - <http://archive.mail-list.com/leadnet>

User Name = leadnet

Password = lswp (The User Name and Password are case-sensitive.)

For parents of a lead-poisoned child: www.alphalead.org

Tamara Rubin's (Portland, OR) website: <http://www.mychildrenhaveleadpoisoning.com>